

# By-Cycle

Bicycle News from the  
Maricopa County Department of Transportation



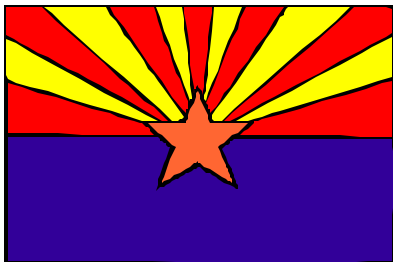
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## Helmet Bill Introduced

A bill to require children under the age of 18 to wear helmets while bicycling has been introduced in the Arizona Legislature in both the House and Senate. Both bills, SB1572 and HB2491 are identical. MCDOT has recommended two technical corrections to the bill. The references to helmet standards (Section B) should reflect the mandatory standards issued by the U.S. Consumer Product Safety Commission, not the voluntary standards previously in effect. The reference to the Governor's Arizona Bicycle Task Force in Section 3 should be replaced by a Technical Advisory Committee made up of professional bicycle planners and educators from around Arizona.

To read the entire bill, visit the Arizona State Legislature web site, click on bills and search by bill number.



<http://www.azleg.state.az.us/>

## Happy Birthday Arizona

Arizona was admitted to the United States of America on Valentine's Day, February 14, 1912.

The following link is just one of many sites with information about Arizona.

<http://www.50states.com/arizona.htm>

## Meetings

**February 2001**

### Public Meeting Schedule

The public meeting schedule is subject to change. Please call to confirm dates and times. For on-line information go to:  
[www.maricopa.gov/](http://www.maricopa.gov/)

**2.06.2001**

### Castle Hot Springs Road

#### East to end of pavement

Location: Morristown Elementary School  
25950 Rockaway Hills Drive  
Morristown, AZ  
Samir Hatab, 602-506-2867  
Time: 5-7 p.m

## Bicycle Commuters Live Longer

Lars Bo Andersen, Ph.D., has released a study showing that people who use a bicycle for transportation live longer than others.

The Denmark study looked at deaths for all causes for a wide age range and came to the following conclusions:

*Leisure time physical activity was inversely associated with all-cause mortality in both men and women in all age groups. Benefit was found from moderate leisure time physical activity, with further benefit from sports activity and bicycling as transportation.*

<http://archinte.ama-assn.org/issues/v160n11/abs/loi90593.html>

## Advocacy Groups and Staff

In an article titled, Advocacy and Agency, Don Burrell, (an MPO bicycle/pedestrian coordinator and a board member of the Ohio Bicycle Federation) summarized some of the key points made at the ProBike/ProWalk 2000 conference in a session on 'Bicycle Advocacy Groups and City Bicycle Staffs - Friends or Foes?' The suggestions were presented by agency and advocacy group staff from Chicago and San Francisco. With regard to the relationship between advocates and agency staff:

- Accepting advocacy criticism is part of the process.
- Recognize the bike coordinator can't set policy - advocates need to do this through the elected officials.
- Achievable projects need to be defined to have some victories for the advocates.
- The bike coordinator should not serve as an advocate or defender of advocates.
- Bike advocacy is about power.
- Public support of bike policies needs to be built through the advocacy groups.
- City government is the only mechanism to get things done.
- Praise loudly, correct softly.
- Instead of trying to change official's minds, partner with them to sell concepts to community groups.
- Advocacy groups can decentralize to carry out their programs in the suburban communities.

Source: Ohio Bicycle Communicator, Vol., 28, Number 4, September-December 2000. In CenterLines, the bi-weekly e-newsletter of the National Center for Bicycling & Walking.

## MCDOT Bicycle Web Page

[www.mcdot.maricopa.gov/Bicycle/](http://www.mcdot.maricopa.gov/Bicycle/)

**Forget chocolate.**

**Give your Valentine a bike!**



## Upcoming Events

**Bike to Work Week, April 1-8**

**Bike to Work Day, April 4**

### **“The Anatomy of Bicycle and Pedestrian Crashes”**

This unique one-day workshop will deal with recognizing, investigating, and reporting bike- and pedestrian-related automobile crashes. In addition, it will cover user rights, how to recognize potentially hazardous sites, and how to prevent these crashes using a variety of education, engineering, and enforcement strategies. The workshop will be held on Friday, April 6 at the Rendezvous Center in downtown Mesa from 8:00 a.m. to 4:00 p.m.

The cost of the workshop is \$50 (\$100 after March 23). For additional information or to register, contact the following individuals:

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